

Steps You Can Take to Minimize a Cold, Flu or Other Upper Respiratory Infection:

Eat Very Lightly: With most illnesses, appetite is diminished. This is a natural response because energy is needed to fight off the pathogen (virus, bacteria, etc.) and the body doesn't have the energy to process food. Give your digestive system a rest! Avoid mucous producing foods such as dairy and any foods that produce allergy or intolerance symptoms. Choose whole foods (not highly processed). High blood sugar is known to suppress the activity of white blood cells, the cells responsible for helping fight infection. Warm soup, protein smoothies and hot herbal teas work well.

Rest - As Soon As Possible: Many people ignore the early warning signs of illness and keep working until they "drop". This allows the infection to multiply and gain a stronger foothold. If you feel symptoms beginning (sore throat, headache, congestion, fever, etc.), take it easy. Take a day off if possible, as this may prevent you from having to take three days off later on. Keep your bedroom cool and humid. If you are cold, add covers. If you are too warm, uncover or take a lukewarm bath. Humid air is helpful in keeping mucous membranes moist.

Drink Plenty of Fluids: Drink large amounts of filtered water, herbal teas, broths and soups. Fruit juices and sweetened beverages (such as sodas) are not good choices, as their high sugar content will actually inhibit your immune cells from doing their respective job(s).

Warm salt-water gargle: 1/4 to 1/2 teaspoon of salt in one cup warm water – add a glug of lemon juice and ½ tsp of honey. Gargle 2-3 times daily after brushing teeth and tongue. Remember not to swallow....

Immunity Boosting Supplements,

- Vitamin C: 500 mg every 3-4 hours with a small amount of food. Cut back on the dosage if it upsets your bowel.
- Vitamin A: 10,000 IU three times daily. Women who are pregnant should not take high doses of Vitamin A as the fetus can be adversely affected.
- Zinc: 30-50 mg once daily with a small amount of food. This can be continued for 1-2 weeks without depleting copper stores.
- Bioflavanoids: 1,000 mg (1 gram) daily – dietary sources include berries, citrus, onions & green tea
- Oscillococcinum (homeopathic remedy): Take 6 pellets every six hours (from the onset of flu or cold symptoms), dissolving the pellets under the tongue, at least 15 minutes away from food or water.

Viral Infections (general advice):

- Hyperthermia baths: Spend as long as is comfortable in a hot bath. Then remove yourself, wrap up in warm clothes and climb under covers to sweat. This induces an "artificial fever". Viruses do not like high temperatures and this can greatly reduce the length of a cold or flu.
- Zinc: zinc gluconate lozenges. Suck on these through out the day. Don't exceed more than 30mg zinc per day. Zinc is anti-viral and depleted during stress and illness.
- Glutamine powder: take 15 to 20g per day while sick. Glutamine is needed by your white blood cells to fight infection.
- Allicillin: This is a concentrated garlic compound that is wonderful to fight viruses and bacteria. 200mg to 400mg 1-4 times daily
- Olive Leaf extract: This is another natural anti-viral and antibacterial. The dose is 500mg 1 to 4 times daily.

A top tip for minimizing your cough overnight is to put a thin layer of Vicks Vaporub on the soles of your feet and put an old pair of socks over.